

## BEACH Life sensory bin – Sand & Water

Supporting our children with noticing the world around them can seem challenging at times. Being able to see the world around you can take practice. Giving our children a chance to explore and discover while at home will give them the confidence to explore as they go out into the world. PLAY is our children's work.

[Beach Sensory Bin - My Joy-Filled Life \(myjoyfilledlife.com\)](http://myjoyfilledlife.com)



Remember – **We model fun to our children. Play with them and bring your best silly self. They will respond and want more.**

### Materials Needed:

- Play Sand – kinetic, traditional play sand (garden section of hardware stores)
- Water
- Blue Food Coloring (optional)
- Large Storage Bin (with lid – optional)
- Beach accessories (shells, rocks)
- Toys – boats, animals, fish, shovel, scoops, cups, bucket, beach toys

### Inside –

If you choose to set up inside, you may want to lay down a blanket/tablecloth for ease of clean up. Sit with your child and model how to play, explore, dig, dump. Use simple words to model functional language – such as in/out, scoop/dump, dig/pat along with concepts like hiding and seeking (object permanence) by burying a toy and exploring to find it.

### Outside –

If you choose to go outside clean up can be a bit easier. Again, plan to play with your child to model how to engage with the activity.

**Developmentally this activity encourages** language development through this play, such as labeling objects and using adjectives to describe items and actions. Also, giving choices and waiting for your child to respond with a gesture (even if the gesture is a slight eye glance in one direction), sound or word gives them control of their play looks.

This activity can also support social and emotional development. For example, as a time to connect with your child, explore and know you are there to connect with and support them. You're building trust by interacting, reading cues, and being part of the play/adventure.